

Attend our no-fee workshop!

# Assertive Communication

TWO-DAY WORKSHOPS

Wednesdays & Thursdays

**January 10 – 11, 2018 and  
February 28 – March 1, 2018**

**9:00 a.m. – 12:30 p.m.**

Ogden Employment Center • 480 27th St. • Ogden



**Don't miss this opportunity!**

**Participating attendees will receive a certificate of completion in  
Assertive Communication**

- Learn communication styles
- Master the language of assertive communication
- Learn how to say "no"
- Acquire listening skills
- Become proficient in expressing thoughts and feelings
- Learn about conflict management
- Learn about assertive rights and personal rights
- Become familiar with personal power and positive affirmations

**For more information:**

Email Sherilyn Olsen at [solsen@utah.gov](mailto:solsen@utah.gov) to sign up or register online at [jobs.utah.gov](http://jobs.utah.gov)



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